

## **AMENDMENTS TO THE CLAIMS**

**Please cancel claims 1-38 without prejudice of disclaimer to continued examination on the merits. Please add claims 38-53 which are fully supported by the application as filed:**

**1- 38 ( Cancelled )**

- 38. ( New ) A method for lessening the duration of the active labor and pushing stages of childbirth, said method comprising:  
Providing a birthing aide, said birthing aide comprising an elongated cord having a mother's end and an aide's end, wherein said mother's end comprises a handhold, and a pair of v- arms, each v- arm termination in a wrist loop, and wherein said aide's end comprises at least one loop;  
Pulling against said source of resistance so that the force exerted by a user's perineal and rectal muscles are increased.**
- 39. (New) The method of claim 38 wherein said wrist loops provide no support for the mother, they simply keep the said significant other from handing the rope to the mother over and over again if she lets go of the rope in between contractions.**
- 40 (New) The Method of claim 38 wherein said handhold is selected from a group consisting of a braided knot, handlebars, molded rubber handgrips, plastic handgrips, beads and balls.**
- 41. (New) The method of claim 38 wherein said elongated cord made from a material selected from the group consisting of rope, bungeecord, cable, or chain.**

42. (New) Ten Method of claim 38 wherein each of elongated cord, said mother's end and said aide's end, is made from rope.
43. (New) The method of claim 36, wherein said rope is made from natural fibers  
synthetic fibers, or a mixture thereof.
44. (New) The method of claim 38, wherein said synthetic fiber is selected from the group consisting of cotton, jute, flax, hemp, abaca, sisal, or henequen.
45. (New) The Method of claim 37, wherein said natural fiber is selected from the group consisting of nylons, polyesters, polyolefins, liquid crystal polymers, or mixtures thereof.
46. (New) A system for lessening the duration of the active labor and pushing stages of childbirth, said system comprising:  
A Birthing aide, said birthing aide comprising an elongated cord  
Having a mother's end and an aide's end, wherein said mother's end  
Comprises a handheld knot, and a pair of v-arm loops. Each v-arm  
Terminating in a wrist loop, and wherein said aide's end comprises  
Only one v-arm loop.  
A source of resistance of resistance at said aide's end;  
Wherein a user inserts her wrists through said wrist loops, and  
Grasps said birthing aide in the vicinity of the said handheld knot  
Only loops hanging loosely on the wrist. The force exerted by said  
User's perineal muscles and by said user pushing at the same time  
Redirects where the users point of focus is going . Therefore pushing  
Time is decreased and redirected to the correct point of origin the  
Rectal and perineal area.

47. (New) The system of claim 38, further comprising the steps of: applying a pulling force to said aide's end; and adducting the user's peri and rectal area by said pulling force so that said area is positioned at an angle which opens the birth canal and facilitates child delivery.
48. (New) The system of claim 44 wherein said handhold is selected from a group consisting of a braided knot, molded rubber handgrips, plastic handgrips, beads, and balls.
49. (New) The method of claim 44 wherein said elongated cord made from a material selected from the group consisting of rope, bungee cord, cable, or chain.
50. (New) The method of claim 44 wherein each of elongated cord, said mother's end and said aide's end are made from rope.
51. (New) The method of claim 36 wherein said rope is made from natural fibers, synthetic fibers, or a mixture thereof.
52. (New) The method of claim 37 wherein said synthetic fiber is selected from the group consisting of nylons, polyesters, polyolefins, liquid crystal polymers, or a mixtures thereof.
53. (New) The method of claim 38 wherein said natural fiber is selected from the group consisting of cotton, jute, flax, hemp, abaca, sisal, or henequen.